

3 TRUTHS

you need to process your pain

BY L Y S A T E R K E U R S T

1. GOD IS FOR YOU, NOT AGAINST YOU.

*Romans 8:31, "What, then, shall we say in response to these things?
If God is for us, who can be against us?" (NIV)*

When our feelings and circumstances beg us to believe that God is against us, we must recognize that as a lie from the enemy. Scripture tells us repeatedly that God is with us, in us and for us. This truth must be the filter through which we process our situation.

Prayer: Dear Lord, I declare right now that You are for me. You are with me. And You will never leave me, no matter what happens. Your love is steadfast and true even when my circumstances are crumbling. That assurance is all I need because I trust in You, Father. In Jesus' name, amen.

OTHER SCRIPTURES TO HOLD CLOSE:

Isaiah 41:10

Exodus 14:14

Zephaniah 3:17

2. GOD WILL WORK GOOD EVEN FROM THIS.

Romans 8:28, "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." (NIV)

God does work for the good, in all things, every single thing, even our most raw and seemingly impossible things. But we must know it and believe it even when we don't feel it.

We don't have to figure out how God will bring good, we just have to stay on the journey with Him and watch Him work.

Prayer: Dear Lord, thank You for this hope. Thank You that You don't waste our tears, our struggles, or those places rubbed raw from years of trying and failing. My job is to walk with You day by day. Your job is to bring the good. And I know You will bring good even when I can't see it or feel it. What a comfort that is to me. In Jesus' name, amen.

OTHER SCRIPTURES TO HOLD CLOSE:

Genesis 50:20

Proverbs 16:3-4

Proverbs 3:5-6

3 . G O D S E E S , G O D K N O W S , G O D C A R E S .

Psalm 138:8a, "The Lord will perfect that which concerns me; Your mercy, O Lord, endures forever." (NKJV)

The consequences and destruction of sin in this world absolutely break God's heart. He cares about the condition of humanity and the effect that sin has on the people He loves. That includes the devastation and hurt you're feeling right now.

And what a great comfort to know that the Lord pays attention to what concerns us.

He is right here with us in this. And we can know with confidence that God hears our prayers, knows our situation, and understands our pain.

Prayer: Dear Lord, I'm so grateful that you're right here in this hurt with me and You understand the deep struggle I'm having. Bring me comfort, Jesus. Help me to process this in a healthy way and press on using Your truth as the filter through which I live my life. In Jesus' name, amen.

OTHER SCRIPTURES TO HOLD CLOSE:

1 John 5:14

1 Peter 5:7

Matthew 10:29-31